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Child Care Food
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Crediting Foods in the Child Care Food Program

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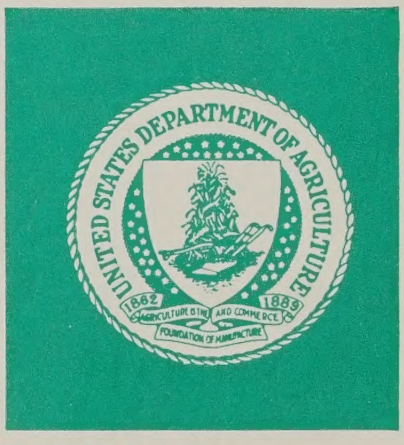

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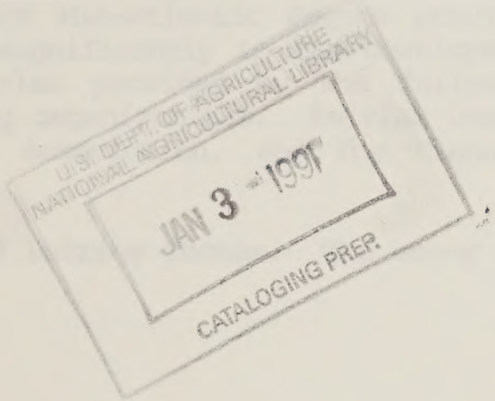
CHILD CARE FOOD PROGRAM



Mid-Atlantic Region
Food and Nutrition Service, USDA
Child Care Food Program Unit
Special Nutrition Programs
June 1988

All meals served to children under the Child Care Food Program are served at no separate charge regardless of race, color, sex, age, handicap or national origin. There is no discrimination in admissions policy, meal service or the use of facilities. Any complaints of discrimination should be submitted in writing to the Secretary of Agriculture, Washington, D.C. 20250.

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This publication was typed by Gail Magee and Patrice Thomas. The cover for this publication was designed by Marian Wig.

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INTRODUCTION

The goal of the Child Care Food Program (CCFP) is to improve the health and nutrition of the nation's children while promoting the development of good eating habits and nutrition education. The Food Buying Guide for Child Nutrition Programs, Food and Nutrition Service Program Aid Number 1331, is the principal tool to determine the contribution foods make toward the meal requirements, whether foods are produced on site or purchased commercially. This resource has been prepared to provide additional information on creditable foods in child care centers, outside-school-hours care centers, and family day care homes.

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal. Foods are determined to be creditable based on the following factors: (1) nutrient content; (2) customary function in a meal; (3) whether they meet regulations governing the Child Nutrition Programs (on quantity requirements and/or by definition); (4) whether they meet FDA's Standards of Identity; (5) whether they meet the USDA's standards for meat and meat products; and (6) agreement with administrative policy decisions on the crediting of particular foods.

Noncreditable or "other" foods are those that are not creditable because they do not meet the above criteria. "Other" foods do not meet the requirements for any components in the meal patterns. Noncreditable foods may supply calories which help meet the energy needs of growing boys and girls and may contribute additional protein, vitamins, and minerals. They can be used to supplement the required meal components to improve acceptability, and to satisfy the children's appetites.

USDA reimburses child care centers and family day care home sponsors participating in the CCFP for the meals served, not for individual foods. A meal is reimbursable if it contains those foods in the amounts outlined in the CCFP meal patterns. Therefore, a meal may be made up of both creditable foods and noncreditable foods.

This publication is not designed to provide guidance concerning the CCFP infant meal patterns. For information in this area, or any questions concerning this handbook, please contact your State agency or family day care home sponsoring organization.

THE LISTS OF CREDITABLE AND NON CREDITABLE FOODS IN THIS PUBLICATION ARE NOT ALL INCLUSIVE. THE PUBLICATION INCLUDES ONLY THOSE FOODS ABOUT WHICH WE HAVE RECEIVED INQUIRIES OR HAVE NOTED AS BEING CREDITED INCORRECTLY.

DEFINITIONS AND/OR EXPLANATIONS

1. Child Nutrition (CN) Label

CN Label:

Is a **voluntary Federal** labeling program for the Child Nutrition Programs.

Provides a **warrenty** for CN labeled products.

Allows manufacturers to state a product's contribution to the meal pattern requirements on their labels.

How to identify a CN label:

A CN label will always contain the following information:

The **CN** logo which is a distinct border.

The meal pattern contribution statement.

A 6-digit product identification number.

USDA/FNS authorization.

The month and year of approval.

SAMPLE LABEL:

```
:------------------CN------------------:
:                                      :
:                              000000  :
:   This 5.00 oz. - Pizza with Ground  :
:   Beef and Vegetable Protein Pro-    :
:   duct provides 2.00 oz. equivalent  :
:   meat/meat alternate, 1/2 cup serv- :
CN  ing of vegetable, and 1-1/2 serv-  CN
:   ings of bread alternate for the    :
:   Child Nutrition Meal Pattern       :
:   Requirement. (Use of this logo     :
:   and statement authorized by the    :
:   Food and Nutrition Service, USDA   :
:   05-84.)                            :
:------------------CN------------------:
```

For a detailed explanation on Child Nutrition (CN) Labeling, see the Food and Nutrition Service Regulations for the Child Care Food Program, Part 226, Appendix C.

Definitions and/or Explanations

2. **"Fast food"** restaurants are specialized in the rapid preparation and service of food (as hamburger or fried chicken). "Fast Food" is creditable (limited to special occasions) if it meets the program meal pattern requirements, and if it is approved by the State agency. Some State agencies, with the approval of USDA, do not allow reimbursement for meals obtained at fast food restaurants.

3. **Fish** - home caught - not creditable under the Child Care Food Program. Can be a safety hazard because of the danger of pollution and contamination.

4. **Game** - e.g. Venison, Squirrel, Rabbit, etc. - For safety reasons not creditable under the Child Care Food Program unless inspected and approved by either the State Agency or the Federal Authority. Use of these items is not recommended because of the potential health hazard.

5. **Home canned foods** - For safety, home canned foods are not allowed in meals reimbursed under the Child Care Food Program. Because clostridium botulinum is dangerous, it can produce an extremely potent toxin in the canned food. This poison can be present in food when there is no evidence of spoilage.

6. **Home frozen foods** - Are creditable under the Child Care Food Program if approved by the State Agency.

7. **Home grown fresh foods** - Are creditable under the Child Care Food Program if approved by the State Agency.

8. **Honey** should not be given to or used in foods for infants under 1 year of age because it can cause infant botulism.

9. **Commercial gelatin dessert** (powder form or prepared) is considered as "other food"; it is not a creditable food item.

10. **Medical Exceptions** - Substitutions may be made for medical reasons when supported by a statement from a recognized medical authority. The statement should specify the food or foods to be omitted from the child's diet, and a choice of foods that may be substituted. Refer to Federal Regulations 226.20 (h) and FNS Instruction 783-2. This information may be obtained from your State agency.

11. **Product Specification Sheet** (sometimes called a product analysis sheet) is an information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight. It must have an original signature of a company official.

12. **Serving size or portion** is described by the weight, measure, or number of pieces or slices. The serving size specified in the meal patterns can be credited toward meeting the meal pattern requirements.

13. **Standards of Identity** - USDA or FDA standards for products set legal requirements for content, preparation, and labeling before being manufactured and sold in commerce. Standards of Identity set specific (and optional) ingredients a food must contain when a product is to be labeled or identified by a common product name.

For more detail and the latest information on the status of any of these standards, contact the Food and Nutrition Service Regional Office and/or State Agency.

14. **Vegetable Protein Products** (VPP) are food components which may be used to substitute, in part, for meat, poultry, or seafood. These products must conform with the requirements for Alternate Foods for Meals - Appendix A, 7CFR Parts 210, 225, 226.

A vegetable protein product is an alternate food which may be used to meet part of the meat/meat alternate requirement of the meal patterns for child nutrition programs. However, before using these products and claiming the meals for reimbursement, contact the Food and Nutrition Service Regional Office and/or State Agency.

CHILD CARE FOOD PROGRAM MEAL PATTERNS

This chart lists the amounts and types of food to be served to children 1 year old and older.

MEAL COMPONENTS	AGES 1 - 2	AGES 3 - 5	AGES 6 - 12
BREAKFAST			
Milk	1/2 cup	3/4 cup	1 cup
Juice or Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice
including cereal, cold dry	1/4 cup or 1/3 ounce	1/3 cup or 1/2 ounce	3/4 cup or 1 ounce
or cereal, hot cooked	1/4 cup	1/4 cup	1/2 cup
SNACK (SUPPLEMENT)			
Select 2 out of 4 components			
Milk	1/2 cup	1/2 cup	1 cup
Juice or Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup
Meat or Meat Alternate	1/2 ounce	1/2 ounce	1 ounce
Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice
including cereal, cold dry	1/4 cup or 1/3 ounce	1/3 cup or 1/2 ounce	3/4 cup or 1 ounce
or cereal, hot cooked	1/4 cup	1/4 cup	1/2 cup
LUNCH OR SUPPER			
Milk	1/2 cup	3/4 cup	1 cup
Meat or Poultry or Fish	1 ounce	1 1/2 ounces	2 ounces
or egg	1	1	1
or cheese	1 ounce	1 1/2 ounces	2 ounces
or cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
or peanut butter and other "butters"	2 Tbsp.	3 Tbsp.	4 Tbsp.
nuts and seeds	1/2 ounce *	3/4 ounce *	1 ounce *
Vegetable and/or Fruits (2 or more total)	1/4 cup	1/2 cup	3/4 cup
Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice

Milk includes whole milk, lowfat milk, skim milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet State or local standards.

Bread Alternate may also include an equivalent serving of items such as a roll, biscuit, muffin, cooked enriched or whole-grain rice, macaroni, noodles, or other pasta products.

* Nuts and seeds may be credited towards meeting only 50% of the meat/meat alternate requirement.

MILK

Child Care Food Program (CCFP) regulations require that, to be eligible for cash reimbursement, each breakfast, lunch or supper must include fluid milk. Fluid milk is one of the options for a snack.

"Milk" means pasteurized fluid types of unflavored or flavored whole milk, lowfat milk, skim milk, or cultured buttermilk which meet state and local standards for such milk except that, in the meal pattern for infants (8 months up to 1 year of age), "milk" means unflavored whole fluid milk or an equivalent quantity of reconstituted evaporated milk which meets such standards. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and be consistent with state and local standards for such milk.

At breakfast you must provide a serving of fluid milk as a beverage or use it on cereal, or use it in part for each purpose. Both lunch and supper shall contain a serving of fluid milk as a beverage. Refer to the CCFP meal pattern for quantity requirements. If milk is one of the two components served for a snack, it must be fluid milk as a beverage or used on cereal, or used in part for each purpose. However, milk may not be credited for snacks when juice is served as the other component. The snack must include at least one solid food item.

MILK

FOOD	YES	NO	COMMENTS
Milk, fluid (unflavored or flavored)	X		Milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk.
Acidified Milk	X		Acidified milk is a fluid milk produced by souring fluid whole, lowfat, or skim milk with an acidifying agent. Examples of acidified milk are "acidified kefir milk" and "acidified acidophilus milk".
Buttermilk	X		
Certified Raw Milk		X	Regulations require the use of pasteurized milk.
Cultured Milk	X		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, lowfat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples of cultured milk are "cultured buttermilk", "cultured kefir milk", and "cultured acidophilus milk".
Lactose Reduced Milk	X		Lactose reduced milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children who cannot digest the lactose in milk may benefit from a lactose reduced milk.
Lowfat Milk	X		
Skim Milk	X		
Soybean Milk		X	May be used as a substitution because of medical or other special dietary needs. Medical needs must be supported by a statement from a recognized medical authority which includes recommended alternate foods (see section 226.20(h) of the CCFP regulations).
UHT (Ulta High Temperature) Milk	X		UHT is Grade A pasteurized milk that has been heated to about 280° F for a few seconds, then cooled and packaged. It can be stored without refrigeration until opened.

MILK

FOOD	YES	NO	COMMENTS
Whole Milk	X		
Cheese, all types		X	
Chocolate (hot)	X		Must be made with fluid milk; only the fluid milk portion is creditable.
Cocoa	X		Must be made with fluid milk; only the fluid milk portion is creditable.
Cream		X	Does not fit the definition of milk.
Cream Sauces		X	Does not fit the definition of milk.
Cream Soups		X	Does not fit the definition of milk.
Custard		X	Does not fit the definition of milk.
Eggnog, Commercial or Homemade		X	Use of raw eggs presents a health hazard.
Evaporated Milk		X	Does not fit the definition of milk, except for infants 8 months up to 1 year of age.
Half and Half		X	Does not fit the definition of milk.
Ice Cream		X	Does not fit the definition of milk.
Ice Milk		X	Does not fit the definition of milk.
Imitation Milk		X	Does not fit the definition of milk.
Milkshakes	X		May be used to meet the milk component of lunches, suppers, and the supplemental food served in the child nutrition programs if those milkshakes contain the minimum required quantity of <u>fluid milk</u> per serving appropriate for the age group being served. Refer to FNS Instruction 783-7.
Pudding		X	Does not fit the definition of milk.
Pudding Pops		X	Does not fit the definition of milk.

MILK

FOOD	YES	NO	COMMENTS
Reconstituted Dry Milk		X	See Section 226.2 of the regulations concerning the continuing unavailability of milk.
Sherbet		X	Does not fit the definition of milk.
Sour Cream		X	Does not fit the definition of milk.
Yogurt		X	Does not fit the definition of milk.

MEAT AND MEAT ALTERNATES

Child Care Food Program (CCFP) regulations require that a lunch or supper served must contain the amount of meat or meat alternates specified in the meal pattern. You may use a serving of meat or meat alternates as one of the two components of a snack.

Meat and meat alternates include lean meat, poultry or fish; or cheese; or an egg; or cooked dry beans or peas; or nuts and seeds and their butters (except for acorn, chestnut and coconut); or an equivalent quantity of any combination of these foods. These foods must be served in a main dish, or in a main dish and one other item, to meet this requirement.

Please refer to the Food Buying Guide, PA-1331, pages 44-48, which lists fresh, frozen and canned forms of seafood commonly used in the Child Nutrition Programs. In general, the term "seafood" refers to all edible forms of aquatic animals.

Vegetable protein products may be counted as meeting part of the meat or meat alternate requirement. However, before using these products and claiming the meals for reimbursement, contact the Food and Nutrition Service Regional Office and/or State Agency for information and assistance on the preparation, serving, and crediting of these products.

Nuts and seeds may fulfill: (1) no more than one-half of the meat/meat alternate requirement for lunch/supper for all Child Nutrition Programs; and (2) all of the meat/meat alternate requirements for the supplemental food (snack) for the Child Care and Summer Programs.

To be counted toward meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of 1/4-ounce of cooked lean meat or equivalent.

MEAT AND MEAT ALTERNATES

FOOD	YES	NO	COMMENTS
Acorn		X	Low protein content.
Bacon and Imitation Bacon products		X	Considered as fat.
Baco-Bits		X	
Beans, Dry	X		See Food Buying Guide (FBG) page 40.
Beef Jerky	X		Beef jerky made with pure beef may be credited; 1-ounce dried jerky equals 1-ounce lean cooked meat. We would advise centers and homes against using beef jerky due to its high salt (sodium) content.
Bologna	X		"All-meat" or poultry products that do not contain by-products, cereal or extenders. See FBG page 38.
Canadian Bacon	X		1 lb. (16 oz.) will yield 11 1-oz. servings of cooked meat. See FBG page 42.
Canned or Frozen:	-	-	Creditable only if (1) they are a Child Nutrition (CN) labeled product; or (2) you have a product analysis sheet signed by an official of the manufacturer (not a sales person), stating the amount of cooked lean meat/meat alternate per serving.
Beef Stew			
Chili Mac			
Meat Stew			
Pizza			
Pot Pies			
Ravioli			
Canned Pressed Luncheon Meat	X		Must be all-meat with no binders, fillers, by-products or extenders.
Cheese food and Cheese spread	X		Two-ounce serving equals one-ounce meat alternate. See FBG page 31.
Cheeses: Natural, Processed, Cottage	X		

MEAT AND MEAT ALTERNATES

FOOD	YES	NO	COMMENTS
Chestnuts		X	Low protein content.
Chitterlings		X	Considered as fat.
Coconuts		X	Low protein content.
Corndogs	X		The bread is credited like cornbread as a bread/bread alternate; the frankfurter is credited as a meat/meat alternate (see Food Buying Guide (FBG) pages 119 and 38 respectively.
Cream Cheese		X	Contains less protein and more fat than other creditable cheeses. A serving size that would provide an equivalent quantity of protein would be excessive, especially for preschool children.
Deviled Eggs	X		
Eggs	X		Cooked only. Raw eggs are a health hazard.
Fishsticks	X		Only the edible fish portion is creditable.
Frankfurters	X		All-meat or poultry products that do not contain by-products, cereal or extenders. See FBG page 38.
Game	-	-	Venison, Squirrel, Rabbit, etc: for safety reasons not creditable under the CCFP unless inspected and approved by either the State agency or a Federal Authority. Use of such items is not recommended due to the potential health hazard.
Kidney	X		
Liver	X		
Neufchatel Cheese		X	Soft unripened cheese similar to cream cheese but containing less fat and more moisture.
Nuts	X		Full meat/meat alternate credit for snack but no more than one-half credit for lunch or supper. Be careful not to serve nuts to children under five years of age to avoid choking.

MEAT AND MEAT ALTERNATES

FOOD	YES	NO	COMMENTS
Oxtails		X	Small amount of meat content.
Peanut Butter	X		See Food Buying Guide (FBG) page 39. It is suggested that peanut butter be served in combination with another protein item, since the required portion sizes for peanut butter may not be acceptable to preschool children.
Peas, Dry	X		See FBG page 40.
Pepperoni	X		All-meat or poultry products that do not contain by-products, cereals or extenders. See FBG page 38.
Pig Feet		X	Small amount of meat content.
Pig Neck Bones		X	Small amount of meat content.
Pig Tails		X	Small amount of meat content.
Pimento Cheese	X		Two-ounce serving equals one ounce of meat or meat alternate. See cheese spread, FBG, page 31.
Pizza, homemade	X		If the amounts of meat or meat alternate ingredients are identified and documented.
Pizza, commercially	X		Creditable only if (1) it is a Child Nutrition (CN) labeled product; or (2) you have a product analysis sheet signed by an official of the manufacturer (not a sales person), stating the amount of cooked lean meat/meat alternate per serving.
Polish Sausage	X		A cooked, smoked sausage containing not more than 30% fat, similar in composition to frankfurters, knockwurst and similar sausage products.
Powdered cheese in boxed macaroni		X	The powdered cheese mix is not credited toward any of the food components. The macaroni, if enriched, can be credited as a bread alternate.

MEAT AND MEAT ALTERNATES

FOOD	YES	NO	COMMENTS
Sausage	-	-	Please refer to the Food Buying Guide (FBG), pages 38 and 42 for the various types of sausages. Also refer to Meat and Poultry Inspection Regulations, Standards of Identity, Part 319, for specific named sausage products.
Scrapple		X	Insufficient meat content.
Seeds	X		Full meat/meat alternate credit for snack but no more than one-half credit for lunch or supper. Be careful not to serve seeds to children under five years of age to avoid choking.
Shellfish	X		Must be fully cooked; only the edible fish portion is creditable.
Soups, homemade containing: Meat, fish, poultry or other meat alternate	X		Creditable as a second source of meat or meat alternate if minimum required amount of 1/4 oz. per serving can be identified and documented.
Soups, commercially prepared		X	Insufficient meat/meat alternate content per serving.
Tofu		X	Tofu is soybean curd. There is no Standard of Identity for tofu. The product can vary from one manufacturer to another.
Tripe	X		
Yogurt		X	A serving (8 oz.) does not contain sufficient protein to meet requirements.

VEGETABLES AND FRUITS

A breakfast shall contain a serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods.

Both lunch and supper shall contain a serving of two or more vegetables or fruits, or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

In order to be creditable, a juice must contain a minimum of 50% full-strength juice; and then only the full-strength juice portion may be counted to meet the fruit/vegetable requirement. Therefore, it is important to read the product label. As a practical matter, we strongly recommend that only full strength juices be used. If a less than full strength juice is used, the volume of liquid that must be served to comply with meal pattern requirements is generally excessive for preschool children.

Cooked dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

A serving of vegetable or fruit may be credited as one component of the required two components of a snack. However, juice may not be credited as one of the components of a snack when milk is served as the only other component.

Vegetables and fruits are credited as served. Small amounts (less than 1/8 cup) of vegetables and fruits used for flavorings or as optional ingredients, such as garnishes, may not be counted to meet the vegetable/fruit requirement. These small amounts are generally not controlled, and it is hard to determine the contribution to the meal.

Vegetables or fruits served as a combination item, e.g. fruit cocktail, succotash, peas and carrots, mixed vegetables, etc. may be credited to meet only one of the two required components for lunch and supper.

All condiments and seasonings are not creditable food items; they serve as accessories to enhance the acceptability of the meal.

VEGETABLES AND FRUITS

FOOD	YES	NO	COMMENTS
Apple Cider	X		
Apple Fritters	X		Must have at least 1/8 cup of apples per serving.
Aspic	-	-	See gelatin salads.
Banana in Bread		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Banana in Pudding		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Barbeque Sauce		X	
Bean Sprouts	X		
Beverages		X	e.g. "ades", juice drinks, punches which contain less than 50% full strength juice.
Cake containing Fruit		X	
Carrot in Bread		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Corn Chips		X	No nutritional value; see the Food Buying Guide (FBG) page 139.
Corn Syrup		X	
Cranberry Juice Blend	X		Cranberry juice (not cranberry cocktail) in a blend with another 100% juice is creditable; for example, cranberry juice mixed with apple juice. 100% cranberry juice is generally not commercially available and is not considered palatable.
Cranberry Juice Cocktail		X	Contains less than 50% full strength juice.
Drinks, Fruit		X	Contains less than 50% full strength juice.
Dry Spice Mixes		X	

VEGETABLES AND FRUITS

FOOD	YES	NO	COMMENTS
Figs in Fig Bar Cookies		X	Amount too small to count toward fruit/vegetable component.
Frozen Fruit Juice Bars	X		Must contain a minimum of 50% full strength juice. Only the juice portion may be counted to meet the fruit/vegetable requirement.
Frozen Fruit Flavored Bars		X	Do not contain enough, if any, fruit juice.
Fruit Cobblers	X		Must contain at least 1/8 cup of fruit per serving.
Fruit Crisps	X		Must contain at least 1/8 cup of fruit per serving.
Fruit Drinks		X	Contains less than 50% full strength fruit juice.
Fruit Juice Bases		X	Does not contain sufficient amout of fruit per serving.
Fruit Flavored Canned "Punch"		X	Deos not contain a minimum of 50% full strength juice.
Fruit Flavored Powders		X	Does not fit the definition of fruit.
Fruit Pies	X		Must contain at least 1/8 cup of fruit per serving. Use of such items should be minimized due to high sugar content.
Fruit Pie Filling	X		If the predominant ingredient is fruit, it will provide one-half credit; that is, 1/2 cup of fruit pie filling will provide 1/4 cup of fruit credit, unless otherwise documented. Use of such items should be minimized due to high sugar content.
Fruit Sauces	X		Only the fruit portion of the sauce. Minimum serving of fruit must be 1/8 cup.

VEGETABLES AND FRUITS

FOOD	YES	NO	COMMENTS
Fruit Snacks		X	For example, bars, roll-ups, wrinkles, cakes, candy; do not contain sufficient amount of fruit per serving.
Gelatin Salads with fruit and/or vegetable	X		Must contain at least 1/8 cup (2 Tbsp) of vegetable, fruit or full strength fruit or vegetable juice per serving. "Fruit Flavored" gelatins are not creditable.
Gelatin Deserts with fruit and/or juice	X		Must contain at least 1/8 cup (2 Tbsp) of fruit or full strength juice per serving. "Fruit Flavored" gelatins are not creditable.
Gravy Bases		X	
Hominy		X	Considered as "other food", see the Food Buying Guide (FBG), page 137; no nutritional value other than minimal amounts of fiber and starch.
Honey		X	
Ice Cream, Fruit Flavors		X	
Jam		X	Insufficient fruit content per serving.
Jelly		X	Insufficient fruit content per serving.
Juice Blends - All Fruit	X		These are combinations of full strength juices.
Ketchup		X	
Lemonade		X	Requires dilution beyond the 50 percent limit for palatability.
Maple Syrup		X	
Mayonnaise		X	
Muffins with Fruit		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Mustard		X	

VEGETABLES AND FRUITS

FOOD	YES	NO	COMMENTS
Nectar - Canned apricots, pears, peaches, etc.		X	Does not commonly contain a minimum of 50% full strength juice.
Oil, Salad Oil		X	
Olives	X		At least 1/8 cup per serving. High salt content should be noted.
Onion Rings	X		If homemade, or if a product specification is available.
Pickles	X		At least 1/8 cup per serving. High salt content should be noted.
Pineapple Upside Down Cake		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement
Pizza Sauce	X		Credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided.
Potato Chips		X	No nutritional value; see the Food Buying Guide (FBG), page 139.
Popcorn		X	No nutritional value; see FBG page 139.
Preserves		X	
Puddings with Fruit		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Pumpkin in Bread		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Rice		X	Creditable as bread only, whole grain or enriched.
Salad Dressing		X	
Sherbet/Sorbets		X	

VEGETABLES AND FRUITS

FOOD	YES	NO	COMMENTS
Soup: Clam Chowder, Minestrone, Split Pea, Tomato, Tomato Rice, Vegetable, Vegetable Beef, Vegetable Chicken			SEE BELOW
Canned Condensed (1 part soup to 1 part water)	X		1 cup reconstituted will yield about 1/4 cup vegetable, see the Food Buying Guide (FBG), page 114.
Canned or Frozen Ready-to-Serve	X		1 cup serving will yield 1/4 cup vegetable, see FBG page 114.
Dehydrated Soup Mixes	X		To credit vegetables in dehydrated soup mixes: -determine the volume measurement by rehydrating the soup according to manufacturer's directions. Heat, then isolate the vegetable pieces and measure the volume. -Separate vegetable pieces from noodles, rice, and etc. Keep records of the yield data obtained. Volume measurements must be recorded for each brand and type of soup.
Home made soups	X		Use quantities of vegetables in recipe to calculate credit.
Squash in Bread		X	Less than 1/8 cup per serving - may not be counted to meet vegetable requirement.
Spaghetti Sauce	X		Credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided.
Syrup (Fruit Flavored)		X	
Toaster Tarts with Fruit		X	Creditable as bread only, supplement and breakfast only; insufficient fruit content.
Tomato Sauce	X		

VEGETABLES AND FRUIT

FOOD	YES	NO	COMMENTS
Vegetable Juice Blends	X		Mixed, full strength vegetable juices.
Vegetable, chopped	X		Such as celery, onions, in prepared dish providing that at least 1/8 cup (2 Tbsp) per serving is supplied.
Vinegar		X	
Yogart with Fruit		X	Less than 1/8 cup per serving - may not be counted to meet the fruit requirement.
Zucchini in Bread		X	Less than 1/8 cup per serving - may not be counted to meet the fruit requirement.

BREAD AND BREAD ALTERNATES

The meal patterns for breakfast, lunch or supper contain a bread or bread alternate requirement in the amount specified for each age group. A bread or bread alternate may also be served as one of the two components of a snack.

The Food Buying Guide, pages 116-127, Food and Nutrition Service Program Aid Number 1331, is the best resource for assisting in determining whether a bread or bread alternate makes a contribution toward the meal pattern. Page 119, creditable Breads and Bread Alternates for CNP and their serving sizes in each group, is reproduced below.

Bread and bread alternates served in the Child Care Food Program (CCFP) must meet the following criteria to be creditable:

> Must be whole-grain or enriched or made from whole-grain or enriched meal or flour; or if it is a cereal, the product must be whole-grain, enriched, or fortified.
>
> The primary ingredient by weight (as specified by the label or according to the recipe) must be whole-grain and/or enriched flour/meal; or the product must be enriched in preparation or processing and labeled "enriched".
>
> If a cereal is fortified, the label must indicate it is fortified.
>
> Must be provided in quantities specified in the Regulations and in minimum serving sizes as specified in program guidance.
>
> Must serve the customary function of bread in a meal; for a lunch or supper that means it must be served as an accompaniment to, or a recognizable integral part of, the main dish (not merely as an ingredient).

It is important to remember that the goal of CCFP is to do more than just provide nutrients children need. The CCFP also introduces young children to many different types of foods and helps them to develop good eating habits. As a participant in the CCFP, you should use sound judgement whenever selecting foods to be served to young children.

Breads and Bread Alternates for Child Nutrition Programs

(Serving sizes for children ages 6 up to 12)

Group A - Breads, Rolls, and Quick Breads

1/4 serving = 7 grams (0.2 oz)
1/2 serving = 13 grams (0.5 oz)
3/4 serving = 19 grams (0.7 oz)
1 serving = 25 grams (0.9 oz)

Bagels
Biscuits
Boston Brown Bread
Breads, sliced, all types (white, rye, whole wheat, raisin, quick breads, etc.)
Coffee Cake (breakfast and snack only)
Cornbread
Croissants
Doughnuts (Breakfast and snack only)
Egg Roll/Won Ton Wrappers
English Muffins
French, Vienna, or Italian Bread
Muffins
Pizza Crust
Pretzels (soft)
Rolls and Buns
Stuffing, Bread (weights apply to the bread in the stuffing)
Sweet Rolls and Sweet Buns (breakfast and snack only)
Syrian Bread (Pita)

Group B - Crackers and Low-Moisture Breads

1/4 serving = 5 grams (0.2 oz)
1/2 serving = 10 grams (0.4 oz)
3/4 serving = 15 grams (0.5 oz)
1 serving = 20 grams (0.7 oz)

Batter and/or Breading
Bread Sticks (dry)
Chow Mein Noodles
Graham Crackers
Matzo
Melba Toast
Rye Wafers
Saltine Crackers
Soda Crackers
Taco Shells (whole, pieces)
Toaster Pastries (breakfast and snack only)
Zwieback

Group C - Miscellaneous Items

1/4 serving = 8 grams (0.3 oz)
1/2 serving = 15 grams (0.5 oz)
3/4 serving = 22 grams (0.8 oz)
1 serving = 30 grams (1.1 oz)

Dumplings
Hush Puppies
Meat/Meat Alternate Pie Crust
Meat/Meat Alternate Turnover Crust
Pancakes
Sopapillas
Spoonbread
Tortillas
Waffles

Note: Cookies, granola bars, etc. (snack only) - 1/2 serving = 18 grams; 1 serving = 35 grams

Group D - Pastas, Cereal Grains, and Breakfast Cereals

1/4 serving = 1/8 cup cooked or 7 grams (0.2 oz) dry
1/2 serving = 1/4 cup cooked or 13 grams (0.5 oz) dry
3/4 serving = 3/8 cup cooked or 19 grams (0.7 oz) dry
1 serving = 1/2 cup cooked or 25 grams (0.9 oz) dry

Barley	Bulgur	Noodles (egg)
Breakfast Cereals* cold dry or cooked (breakfast and snack only)	Corn Grits	Ravioli (pasta only)
	Lasagna Noodles	Rice
	Macaroni, Spaghetti, and assorted pasta shapes	

* For the Child Care Food Program a serving of "cold dry" cereal is 3/4 cup or 1 ounce, whichever is less (one-half serving is 1/3 cup or 1/2 ounce, whichever is less), and a serving of "cooked" cereal is 1/2 cup (one-half serving is 1/4 cup).

Note: When any cereal grain is used as an ingredient in a bread or bread alternate, use the serving size given for the appropriate bread group. For example, a serving of oatmeal bread should weigh 25 grams (Group A). Some of the above foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. Keep this in mind when considering how often to serve them.

(Food Buying Guide, January 1984, page 119)

BREAD AND BREAD ALTERNATES

FOOD	YES	NO	COMMENTS
Bagels	X		
Banana Bread	-	-	May be credited as acceptable bread alternate if (1) the recipe shows the primary ingredient by weight is whole grain or enriched flour; and (2) it serves the customary function of bread in a meal. A serving for children 6 years and older must have a minimum of 25 grams (0.9 ounces) and a serving for children under 6 years of age must have a minimum weight of 13 grams (0.5 ounces). This item is called "bread" because it is baked in a loaf shaped pan. The recipe is <u>usually</u> a cake recipe. If, however, you bake this item yourself and can demonstrate that it is a bread then credit can be claimed. **This may only be credited for supplements.**
Biscuits	X		
Boston Brown Bread	X		
Brownies		X	Does not fit the definition of bread.
Cakes		X	Does not fit the definition of bread.
Caramel Corn		X	Does not fit the definition of bread.
Carrot Bread	-	-	May be credited as acceptable bread alternate if (1) the recipe shows the primary ingredient by weight is whole grain or enriched flour; and (2) it serves the customary function of bread in a meal. A serving for children 6 years and older must have a minimum of 25 grams (0.9 ounces) and a serving for children under 6 years of age must have a minimum weight of 13 grams (0.5 ounces). This item is called "bread" because it is baked in a loaf shaped pan. The recipe is <u>usually</u> a cake recipe. If, however, you bake this item yourself and can demonstrate that it is a bread then credit can be claimed. **This may only be credited for supplements.**

BREAD AND BREAD ALTERNATES

FOOD	YES	NO	COMMENTS
Coffee Cake	X		Breakfast and supplemental (snack) meal only.
Cookies	X		Snacks only. It is recommended that you serve cookies as part of a snack no more than twice a week because of the high sugar content. The cookie must be made of whole-grain or enriched meal or flour as specified on the label or according to the specific recipe as the primary ingredient by weight. The minimum weight of a service for children under 6 years of age is 18 grams (0.6 oz) and over 6 years is 35 grams (1.2 oz). The above serving size does not include the weight of cookie filling or frosting.
Cornbread	X		
Corn Chips		X	Considered as "other food"; see the Food Buying Guide (FBG), page 139.
Cream Puff Shells		X	Dessert pie crust, does not serve the customary function of bread in a meal or supplement.
Crepes	X		For required serving size, see Group C, FBG, page 119.
Croutons	X		Made from enriched or whole grain bread, see Group B, FBG, page 119.
Cupcakes		X	Dessert, does not serve the customary function of bread in a meal or snack.
Doughnuts	X		Breakfast and supplemental (snack) meal only.
English Muffins	X		
French Bread	X		
Fried Bread	X		Enriched or whole grain flour or meal must be the primary ingredient by weight in the recipe.

BREAD AND BREAD ALTERNATES

FOOD	YES	NO	COMMENTS
Gingerbread	--	--	May be credited as acceptable bread alternate if (1) the recipe shows the primary ingredient by weight is whole grain or enriched flour; and (2) it serves the customary function of bread in a meal. A serving for children 6 years and older must have a minimum of 25 grams (0.9 ounces) and a serving for children under 6 years of age must have a minimum weight of 13 grams (0.5 ounces). This item is called "bread" because it is baked in a loaf shaped pan. The recipe is usually a cake recipe. If, however, you bake this item yourself and can demonstrate that it is a bread then credit can be claimed. This may only be credited for supplements.
Granola Bars	X		Creditable only as cookie, and only for supplements; note that most commercial varieties contain insufficient weight to meet requirements.
Grits	X		Must be whole grain or enriched.
Hard Thin Pretzels		X	No nutritional value; considered an "other food".
Ice Cream Cones		X	One cone weighs about 3 grams which is insufficient as a cookie serving size.
Ice Cream Sandwich Wafers	X		The wafers may be credited as a serving of cookies if requirements for weight and enrichment are met.
Italian Bread	X		
Muffins	X		For example, corn, bran, blueberry.
Nachos	X		Broken taco shells only, not the snack chip; see tortilla chips.
Noodles in Soup	X		Must be enriched and served in sufficient quantity.
Pasta	X		Must be enriched and served in sufficient quantity.

BREAD AND BREAD ALTERNATES

FOOD	YES	NO	COMMENTS
Pie Crust for dessert items		X	Such as cobblers and crips; does not serve the customary function of bread in a meal or snack.
Pie Crust (Meat/Meat Alternate)	X		If it is a recognizable, integral part of the main dish, and served as an accompaniment to the main dish as in beef or chicken pot pies.
Pineapple Upside Down Cake		X	This is a cake; does not serve the customary function of bread in a meal.
Pita Bread	X		
Popovers	X		As long as it is made with enriched or whole grain meal or flour and serves the customary function of bread in a meal. Creditable as bread component only.
Pound Cake		X	
Pretzel, Dutch Style (Soft)	X		See the Food Buying Guide (FBG), Group A, page 119.
Pretzel, Thin (hard)		X	No nutritional value; considered an "other food".
Puff Pastry	X		As long as it is made with enriched or whole grain flour and serves the customary function of bread in a meal, served with a meat or vegetable filling.
Pumpernickel Bread	X		

BREAD AND BREAD ALTERNATES

FOOD	YES	NO	COMMENTS
Pumpkin Bread	--	--	May be credited as acceptable bread alternate if (1) the recipe shows the primary ingredient by weight is whole grain or enriched flour; and (2) it serves the customary function of bread in a meal. A serving for children 6 years and older must have a minimum of 25 grams (0.9 ounces) and a serving for children under 6 years of age must have a minimum weight of 13 grams (0.5 ounces). This item is called "bread" because it is baked in a loaf shaped pan. The recipe is usually a cake recipe. If, however, you bake this item yourself and can demonstrate that it is a bread then credit can be claimed. This may only be credited for supplements.
Raisin Bread	X		
Rice	X		Must be enriched or whole grain.
Rice Cakes	X		Refer to the Food Buying Guide (FBG), Group B, page 119 for serving size. One cake weighs approximately 9 grams. Therefore, use 3 rice cakes per serving.
Rice Pudding	X		The rice used in rice pudding is creditable for supplements (snacks)only.
Rolls - All types	X		For example, hard, parker house, dinner, Kaiser, whole wheat, onion, hamburger, hot dog, etc.
Roman Meal Bread	X		
Rye Wafers	X		Refer to the FBG, Group B, page 119, for serving size.
Snack Type Crackers	X		Refer to the FBG, Group B, page 119, for serving size.
Soft Pretzels	X		Refer to the FBG, Group A, page 119, for serving size.

BREAD AND BREAD ALTERNATES

FOOD	YES	NO	COMMENTS
Squash Bread	--	--	May be credited as acceptable bread alternate if (1) the recipe shows the primary ingredient by weight is whole grain or enriched flour; and (2) it serves the customary function of bread in a meal. A serving for children 6 years and older must have a minimum of 25 grams (0.9 ounces) and a serving for children under 6 years of age must have a minimum weight of 13 grams (0.5 ounces). This item is called "bread" because it is baked in a loaf shaped pan. The recipe is usually a cake recipe. If, however, you bake this item yourself and can demonstrate that it is a bread then credit can be claimed. This may only be credited for supplements.
Stuffing, Bread	X		
Sweet Rolls and Buns	X		Creditable for breakfast and supplemental (snack) meals only.
Tapioca		X	
Toaster Tarts	X		Creditable for bread component only, breakfast and supplemental meal only.
Tortilla Chips	X		Tortilla chips are equivalent to taco shells. These are not snack type chips. All tortilla chips must be enriched or whole-grain.
Vanilla Wafers	X		These are cookies creditable for supplements only; see the Food Buying Guide (FBG), Group C, page 119.
Vienna Bread	X		
Wheat Wafers	X		See the FBG, Group B, page 119.
Wheat Germ		X	
White Bread	X		
Whole or Cracked Wheat Bread	X		

BREAD AND BREAD ALTERNATES

FOOD	YES	NO	COMMENTS
Zucchini Bread	--	--	May be credited as acceptable bread alternate if (1) the recipe shows the primary ingredient by weight is whole grain or enriched flour; and (2) it serves the customary function of bread in a meal. A serving for children 6 years and older must have a minimum of 25 grams (0.9 ounces) and a serving for children under 6 years of age must have a minimum weight of 13 grams (0.5 ounces). This item is called "bread" because it is baked in a loaf shaped pan. The recipe is usually a cake recipe. If, however, you bake this item yourself and can demonstrate that it is a bread then credit can be claimed. This may only be credited for supplements.
All other whole grain or enriched breads	X		

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